HISTORIC COOKERY

Fabiola C. Gilbert

Dona Ana County Extension Office

Circular 250

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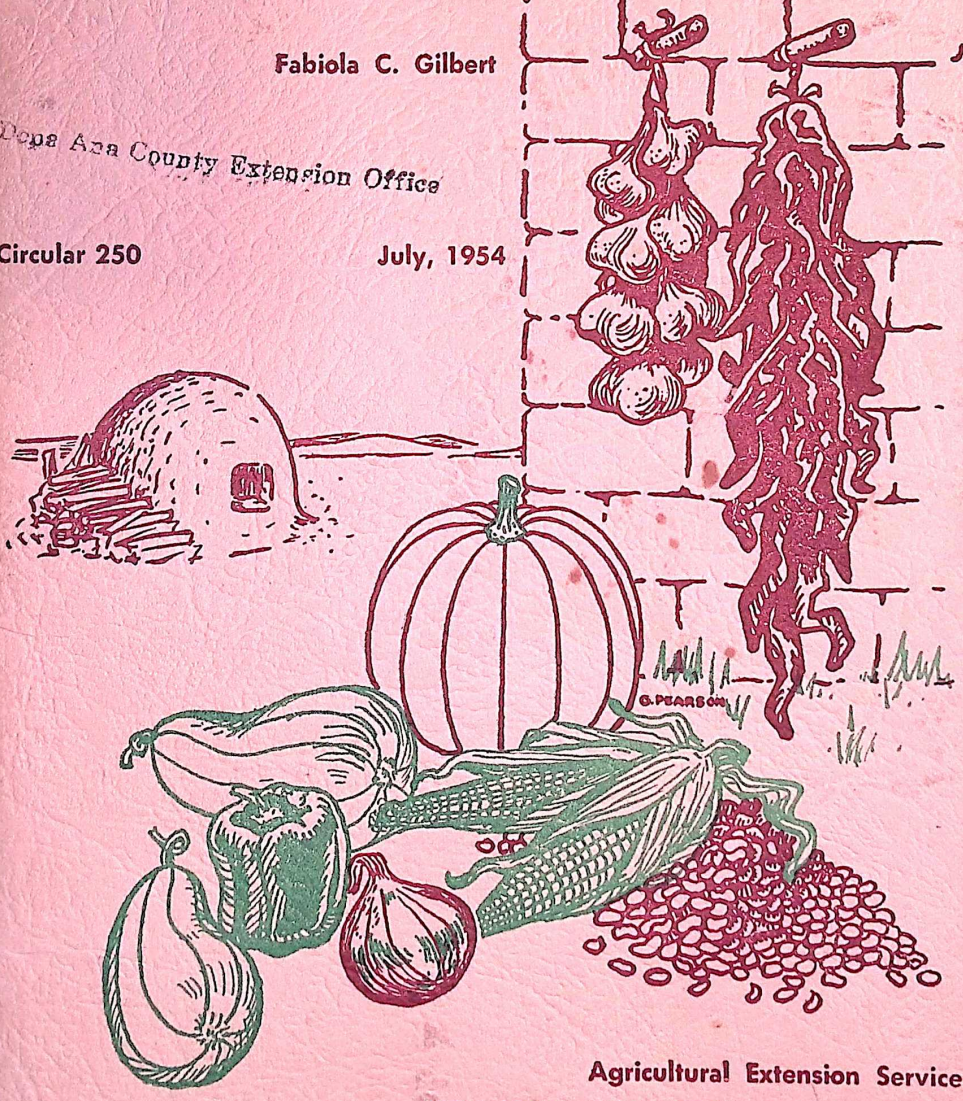

Agricultural Extension Service
NEW MEXICO COLLEGE OF AGRICULTURE
AND MECHANIC ARTS

Circular No. 250 Revised June, 1954

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Agricultural Extension Service

NEW MEXICO COLLEGE OF AGRICULTURE AND MECHANIC ARTS

State College, New Mexico

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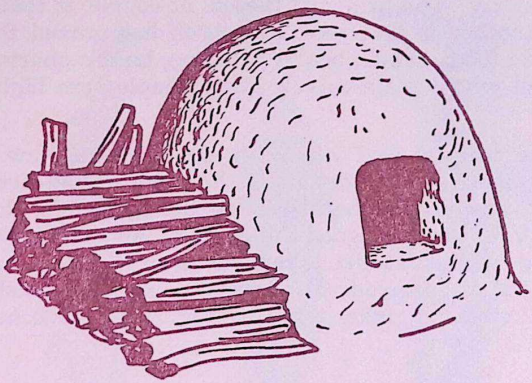


Historic Cookery

Mrs. Fabiola C. de Baca Gilbert
Home Demonstration Agent-at-Large

This little booklet will help you get acquainted with real New Mexican dishes.

New Mexico is a land of changes. Its blue skies of morning may be its red skies of evening. There have been changes in its people, in its customs and culture, and naturally in its food habits. The recipes in *Historic Cookery* are a product of the past and present—an amalgamation of Indian, Spanish, Mexican, and American. They are typically New Mexican.

Your experiments in New Mexican cookery can be fascinating. Remember, though, that when you try any of these recipes, you should be prepared to spend plenty of time. *Guisar*, which has no exact English equivalent, is the most popular word in the native homemaker's vocabulary. Roughly translated, it means to dress up food, perhaps only by adding a little onion or a pinch of oregano; good food always deserves a finishing touch. Food must never taste flat, but it will—if it's not *guisado*.

In recent years New Mexican foods have become increasingly popular. That's why you may have to stand in line when you eat in restaurants that specialize in New Mexican dishes. Why this

new popularity? The principal reason, of course, is that the food is good. Another is that recent research has proved that many of our basic foods—chile, beans, purslane, lamb's quarters, goat's cheese, and whole grain cereals, for example—are highly nutritious.

Try the recipes. And when you do, think of New Mexico's golden days, of red chile drying in the sun, of clean-swept yards, out-door ovens, and adobe houses on the landscape. Remember, the green valleys where good things grow. And think too of families sitting happily at the tables—because good food and good cheer are natural *compadres* and because, as the Spanish proverb says, a full stomach makes a happy man. *Buen provecho, amigos.*

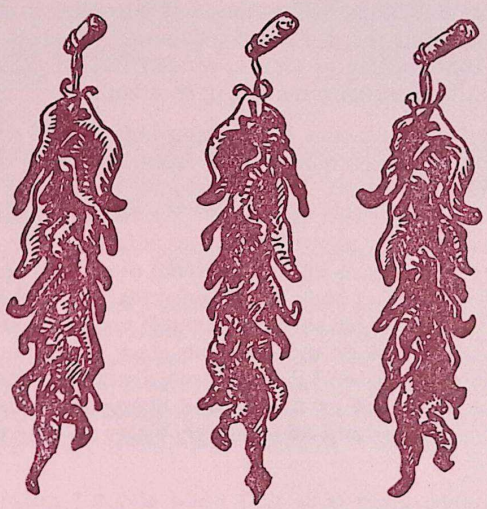
TABLE OF ABBREVIATIONS

t.—teaspoon
T.—tablespoon
c.—cup
lb.—pound
pt.—pint
qt.—quart

SOME WEIGHTS AND MEASURES

3 t.=1 T.
16 T.=1 cup
2 c. solid fat weigh 1 lb.
2 c. granulated sugar weigh 1 lb.
3 c. flour weigh 1 lb.

The measurements used in the recipes given are all level except where specified.



Salsas de Chile (Chile Sauce)

Since many New Mexican dishes require a little chile sauce, it is appropriate to explain its preparation first. Ground or powdered chile may be purchased, but care must be taken that the product is pure. Sauce prepared from chile pods is more satisfactory.

Chile Sauce—I

(a)—1 qt. boiling water
3 T. fat
1 t. salt
8 T. chile powder

Add fat and salt to boiling water. Mix powdered chile in enough cold water to make a paste; stir into the boiling water. Cook until thick. If not of desired consistency, add more chile.

(b)—24 chile pods
1 qt. boiling water
1 t. salt
1 T. fat
1 T. minced onion
1 clove chopped garlic
1 t. oregano

Wash chile pods; remove stems, seeds, and white veins. Put in a kettle and pour boiling water over them. Cook until tender. Pass through a food mill or fruit press until all the pulp has been

removed from the skins. Add as much of the water in which it was boiled as is needed for desired consistency. (A good consistency for chile is that similar to tomato sauce.) Put on stove; add salt, fat, garlic, onion and oregano. Bring to a boil.

The use of your blender for making chile sauce will save you time, and you will get more sauce from the pods than by any other method. To make: Remove stems, seeds and veins from pods. Place pods in warm oven (200° F.), being careful that chile pods do not scorch, for about 10 minutes, stirring often and leaving oven door open. Remove chile pods from oven, add enough warm water to cover, and let soak for 15 minutes. Place chile pods and seasoning in the blender and add enough water to cover, leaving about one inch space or more in the glass container. Blend for 2 minutes. If sauce is too thick, add more water, if there is space, and blend one minute or until skins disappear completely. Remove from container and add enough water to give desired consistency.

Sixteen large chile pods will yield about 1 quart sauce. For this amount, use 1 clove garlic, 1 T. chopped onion, 1 t. salt, and 1 t. oregano for seasoning.

Chile Sauce with Tomatoes—II

3 T. olive oil or fat
1 T. chopped onion
2 cloves chopped garlic
6 medium-size fresh tomatoes
8 T. powdered chile or 1 c. green chile
1 T. oregano
1 t. salt
1 t. vinegar

Fry onion and garlic in oil or fat. Add tomatoes; cook until thick. Add chile and seasonings. (1 c. chile sauce No. 1-b may be used instead of powdered chile.) Cook for 5 minutes.

Sweet Chile Sauce—III

2 qts. ripe tomatoes
4 pods green chile
1 pod red chile
4 small onions
1 T. salt
½ t. ginger
6 T. brown sugar
1 t. cinnamon
3 c. cider vinegar

Chop tomatoes, chile, and onions. Add other ingredients and boil until done. Add vinegar and cook for five minutes. Put into sterilized jars and seal. Lettuce and sweet chile sauce make good sandwiches.

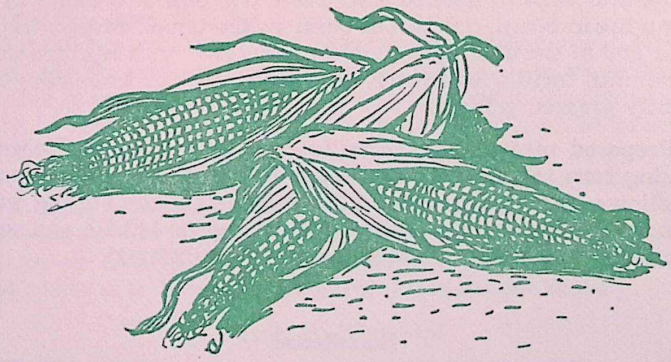
Salsa Picante (Hot Sauce)—IV

2 large fresh tomatoes
6 green chiles
1 clove garlic
½ c. chopped onion
2 T. vinegar
1 t. pepper
1 t. cinnamon
Salt

Peel tomatoes. Roast and peel chiles, remove stems and seeds, or use canned green chile. Grind tomatoes, chile, garlic, and onion together until fine. Add vinegar and spices.

Green Chile—V

Wash chile pods; snip ends. Place on top of stove, in broiler, or in oven. Brown on all sides. When done, place in pan, cover with wet cloth, and let steam for 10 minutes. Peel, using long strokes. Remove stems. Take out seeds by holding pod in one hand, stem pointing down, squeezing it between the fingers of the opposite hand. Chop, add salt, garlic, and chopped onion. Serve as a relish.



Corn Dishes

Many varieties of corn may be used in corn dishes. When nixtamal is to be used for *pozole*, the best variety is the white flint or the *concho*. For tortillas, blue native and *concho* are adaptable. White flint and *concho* are the best varieties for tamales. Try the blue corn for variety in making tamales.

Nixtamal (Lime Hominy)

2 heaping T. powdered lime
2 qts. water
1 qt. corn

Dissolve lime in water. Add to corn. Stir well. Place in a granite or enameled kettle. Cook until hulls loosen from the kernels. Remove from fire; drain off lime water. Wash in cold water until lime is removed and the water comes out clear.

Masa for tortillas and tamales is made from nixtamal.

Tortillas de Nixtamal (Lime Hominy Tortillas)

Corn tortillas may be used for making enchiladas, tacos and tostadas, or as bread with Mexican or New Mexican foods. These may be bought already prepared in cans or packages.

The lime hominy described above may be used to grind into *masa* for the tortillas. The hominy should only be washed once, when the hulls are loosened from the kernels. Pass hominy through medium knife of food chopper several times. If too dry, add enough water so that the dough or *masa* can be held together. Shape into balls of desired size. Place one end of a damp towel over a bread board, put ball of *masa* on the towel, cover with the other end of the damp towel, and press down with another small board until tortilla is about ⅛ inch thick. Cook on both sides on a slightly greased griddle.

Prepared meal called *harinilla* may be bought and used in making corn tortillas. To make tortillas from *harinilla*, proceed as follows: Take 2 cups of harinilla and add enough boiling water to make a medium hard dough—just enough to handle and shape into balls. Proceed as for tortillas made of nixtamal.

Enchiladas

After the tortillas are made, fry them in hot deep fat. Some people like their enchiladas rolled. To do this, make tortilla about 6 inches in diameter. Fry. Fill half of the tortilla with grated cheese and onion cut into small pieces. Add chile sauce No. 1 or II, fold the tortilla over the filling, and turn edge under.

The New Mexican way of making enchiladas follows: Place a fried tortilla on a plate, sprinkle with grated cheese and chopped onion, cover with chile sauce No. I or II, and place another tortilla on top; repeat the process; then pour plenty of chile sauce over the top. This makes one serving. A fried egg may be served on top of the enchilada if desired.

Enchiladas Verdes (Green Enchiladas)

10 green chiles
2 c. cooked tomatoes
1 egg
½ c. cream
Salt
12 small corn tortillas
Lettuce leaves
1 c. grated cheese
1 c. chopped onion

Roast and peel green chiles, remove stems and seeds, or use canned green chile. Chop chiles fine and add tomatoes. Beat egg, add cream and salt to taste. Mix with chile and tomatoes. In this sauce dip and roll each tortilla. Fry in deep fat. Serve on lettuce leaves, sprinkle with cheese and onions. Garnish with sliced radishes. Serve hot.

Tamales

Wash nixtamal more thoroughly than for the tortillas. Grind. Beat enough lard into the *masa* so that it can be gathered into a solid mass. Add salt to taste. Prepare corn husks by trimming, washing, and soaking in warm water

Prepare carne con chile (p. 9), making the mixture thick enough so that the chile will not run.

Spread the corn husks with the prepared *masa* about ¼ inch thick. Add 2 teaspoons of carne con chile in the center, fold sides together, then top and bottom, then tie together in the center with strips of corn husks. Steam for 40 minutes or cook in pressure cooker for 20 minutes at 15 pounds pressure.

A substitute for the regular *masa* may be made as follows:

1 c. white or blue corn meal
Enough water to make a medium dough
⅛ t. lime

Dissolve lime in water and add to corn meal. Proceed as for those made with *harinilla.* (See second paragraph above.)

Pozole de Nixtamal

2 c. lime hominy
6 c. water
1 lb. pork ribs or other boiling hog meat
½ lb. pork rind
4 dried red chile pods
2 t. salt
2 cloves chopped garlic
2 t. oregano
2 t. saffron

Cook the hominy in water until the kernels begin to burst; then add meat, pork rind, and chile pods (seeds and stems removed). When nearly done, add salt, garlic, oregano, and saffron. If the pressure cooker is used to cook the pozole, cook the hominy without pressure until the kernels begin to burst; then add meat and chile pods. Cook at 15 pounds pressure for 30 minutes. Remove lid from cooker; add salt, garlic, and oregano; and cook uncovered for 25 minutes.

Pozole de Chicos (Green Corn)

Green corn steamed and dried on the cob and then shelled is called *chicos.*

Chicos may be substituted for hominy in the above recipe. The *chicos* do not burst; they merely swell when cooked.

Chicos Quebrados (Cracked Chicos)

2 T. fat
½ small onion
1 clove chopped garlic
1 c. chicos
1 c. chile sauce
or 4 T. powdered chile
1 t. salt

Crack dry chicos in food chopper. Cook until tender in enough water to cover. Melt fat; fry onion and garlic; add drained chicos, chile sauce, and salt. Add enough of the liquid in which the chicos were cooked to make it of a thick consistency.

Carnes (Meats)

Natives of New Mexico rarely serve roasts, steaks, and chops. When meat is freshly butchered, the New Mexican cook may take a piece of liver, strips of round steak, the heart or kidneys and put them in the oven or broiler. However, meat is seldom prepared without the addition of chile, potatoes, or vegetables.

With the new knowledge of nutrition, we have learned that the organs of the animals are good sources of different vitamins. The New Mexican families learned from colonial times how to utilize every part of the animal. They eat the blood, stomach, intestines, liver, kidneys, and glands.

Albondigas (Meat Balls)

1½ lbs. round steak or other meat suitable for grinding
6 T. blue corn meal
or 1 c. bread crumbs
2 eggs beaten
2 cloves chopped garlic
2 t. ground coriander seed
2 t. salt
1 t. pepper
½ onion, chopped fine

Grind meat. Add other ingredients and mix well. Shape into balls of desired size.

Soup

4 T. fat
2 T. flour
4 c. hot water
2 t. dried mint leaves
1 t. saffron
Salt

Melt fat and brown flour in it. Add water and seasonings. When it starts boiling, drop the meat balls into it and cook until meat is well done.

Albondigas con Chile (Meat Balls with Chile)

Prepare meat balls as above.

Sauce

3 T. fat
½ small onion, chopped
1 clove chopped garlic
4 c. canned tomatoes, strained
1 c. red chile pulp or 8 T. powdered chile

Melt fat, add onions and garlic, and fry until cooked. Add strained tomatoes. Cook until thick. Add chile. When sauce is boiling, add meat balls and cook until meat is done.

Carne Adobada (Cured Pork)

1 qt. chile sauce I-b (uncooked)
2 t. salt
3 cloves chopped garlic
2 T. oregano
5 lbs. pork strips (any tender cut)

Add salt, garlic, and oregano to chile; do not add fat. Place strips of pork about 6 inches long, 2 inches thick, and 2 inches wide in the chile sauce. Let stand for 24 hours. It may be kept in this sauce until it is all used.

To Prepare

Take out as much meat as desired for preparation. Cut in small pieces. Fry in small amount of fat. Add chile sauce enough to cover, and cook until done, adding chile sauce as needed to keep from drying.

If desired, the strips of meat may be dried and used later. To do this, take out strips from the sauce and hang in the shade to dry. When dried, store in a dry, cool place. Later, before preparing it, pound until well shredded. Fry in small amount of fat. Add enough chile sauce I-b to keep from drying. Cook until meat is tender.

Carne con Chile Colorado (Meat with Red Chile)

Round steak cut in small cubes and browned in hot fat makes very good carne con chile. Boiling meat, however, imparts a particular flavor which is not obtained otherwise. Avoid using meat with a great deal of fat. Genuine carne con chile must never have a greasy film.

1½ lbs. boiling meat
2 T. fat
2 c. chile sauce
or 8 T. powdered chile
1 t. salt
1 t. oregano
1 clove chopped garlic
1 c. meat stock or tomatoes

Cook meat until tender but not too well done. Cut into small cubes. Fry in the fat until brown. Remove from fire. Add powdered chile or chile sauce. Season with salt, oregano, and garlic. Add meat stock or tomatoes. Cook for half an hour. If chile powder is used, increase the meat stock or tomatoes 1 cup.

Carne con Chile Verde (Meat with Green Chile)

1½ lbs. boiling meat
2 T. fat
1 c. canned green chile
or Chile No. V
1 t. salt
2 c. meat stock or tomatoes

Cook meat until tender. Cut into cubes. Fry in hot fat until brown. Remove from fire. Add chopped chile, salt, meat stock or tomatoes. Cook slowly for ½ hour.

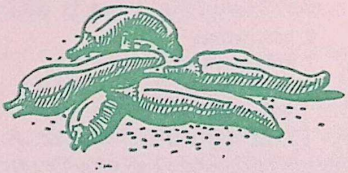
Carne de Olla (Stew)

1½ lbs. stew meat (lamb, kid, veal or beef)
2 qts. water
1 c. green beans cut in pieces
6 pieces of corn on cob cut in 2-inch pieces
4 tiny squashes
5 squash blossoms
2 T. green onion tops
2 T. green garlic tops
2 T. coriander leaves
2 t. salt

Cook meat until tender. Strain stock. If it has boiled down, add water to bring it back to 2 quarts. Add vegetables. Cook until beans are tender. Add meat, squash blossoms, and seasonings. Cook ½ hour. Serve.

Chiles Rellenos
(Stuffed Green Peppers)

1 lb. boiling meat
4 c. water
1 t. salt
2 t. ground coriander seed
2 cloves chopped garlic
2 T. chopped onion
12 green chiles
1 c. raisins
½ t. clove



Cook meat. When done, grind and add salt, raisins, spices, garlic, and onion. Add enough of the meat stock to moisten. Cook until thick. Prepare green chile by roasting and peeling as discussed on page 4 or use canned green chile. Slit chiles in center; remove seeds; stuff with meat filling. Dip into batter made as follows:

Separate 6 eggs; beat whites until very stiff. Beat yolks until thick; fold into whites. Add 6 T. flour or 4 T. bran and mix well. Add salt to taste. Dip stuffed peppers into this batter using a large spoon; then drop them into hot oil or fat and fry brown on both sides. Serve with tomato sauce if desired.

Sauce

4 T. fat
4 T. flour
1 c. meat stock
1 c. tomato sauce

Melt fat and brown flour in it. Add meat stock and tomato sauce. Cook for 5 minutes. Pour sauce over stuffed chiles. Cover and let stand over very low heat until ready to serve.

Estofado (Sweet Stew)

1½ lbs. of stew meat
4 c. water
4 T. fat
4 T. chopped onion
1 c. raisins
1 t. cinnamon
1 sq. chocolate or 4 T. cocoa
1 t. salt
1 clove chopped garlic

Cook cut meat until tender. Fry onion in fat until done. Remove onion and add meat cut in cubes. Fry until brown. Add 2 c. meat stock, raisins, cinnamon, chocolate or cocoa, and salt. Add onion and garlic. Cook for ½ hour.

Menudo (Tripe)

The New Mexican cook cleans the tripe as it comes from the newly butchered animal—beef, kid, veal, or lamb. Tripe already cleaned can be bought in the market.

Wash stomach well. Pour boiling water over it and let stand for 10 minutes. Scrape thoroughly with a knife, until all scum is removed and the tripe is white.

2 qts. water
1 small onion
1 qt. cleaned tripe cut in 1-inch pieces
2 t. oregano
2 t. salt
1 chile pod

Cook tripe until tender. Add onion and chile pod from which stems and seeds have been removed. Add oregano and salt to taste. Cook ½ hour or until the soup becomes medium thick.

Morcilla (Blood Pudding)

When an animal is being butchered, the New Mexican cook goes out with a pail in hand to catch the blood as the neck of the animal is cut. She immediately works out the clots before the blood gets cold.

1 qt. hog's blood
4 T. fat
1 small onion, chopped
1 c. raisins
1 clove chopped garlic
½ c. piñon nuts, shelled
1 t. oregano
1 t. dried mint
2 t. salt

Fry blood in the fat; add onion and garlic. Stir constantly until the blood is well scrambled. Add raisins which have been soaked and drained. Cook for ½ hour. Add piñon nuts and seasonings. Cook slowly for another ½ hour.

Morcilla de Cabrito (Kid's Blood Pudding)

1 qt. kid's blood
2 c. kid's tripe (third stomach) cut in pieces
2 c. small intestines cut in pieces
4 T. fat
1 medium onion
2 cloves chopped garlic
1 t. oregano
1 t. dried mint
2 t. salt

The intestines are cleaned by pouring water in them and squeezing through fingers to remove all dirt.

Fry blood, tripe, and intestines in fat. Add onion and garlic and cook for ½ hour. Add seasonings and cook until intestines are done. It may be necessary to add water to keep from drying.

Panza de Cabrito Rellena (Stuffed Kid's Stomach)

The kid's stomach, which has been cleaned, may be stuffed with the morcilla described above and sewed up with twine. Place stuffed stomach in a steamer and cook for 2 hours. When done, slice and serve.

Riñones (Kidneys)

5 or 6 kidneys (lamb or kid)
4 T. butter
1 small onion
2 T. parsley
½ c. white wine
1 c. tomato sauce
1 small can mushrooms
Salt and pepper

Remove fat and skin from kidneys and slice thin. Fry in butter for a few minutes. Add onion and parsley, and cook until onion is done. Add wine and cook for 5 minutes. Mix mushrooms with tomato sauce and add to kidneys. Season and cook until kidneys are well done. Place on serving dish and garnish with fried ham and sliced hard-cooked eggs.

Pipian de Lengua (Tongue Fricassee)

Cook a beef tongue until tender. Remove skin and slice.

Sauce

½ c. pumpkin seeds
3 T. fat
1 clove chopped garlic
2 c. water or stock from boiled tongue
1 t. salt
1 t. coriander seed

Roast pumpkin seeds; remove skins and grind into a powder. Melt fat; add powdered pumpkin seeds, garlic, liquid, and seasonings. If desired, chile powder or chile sauce may be added for seasoning. Add the cooked tongue to this sauce and cook slowly for 30 minutes. Any kind of cooked meat may be used instead of tongue.

Aves de Corral (Poultry)

As with meat, the New Mexican cook rarely serves poultry without the addition of a sauce or vegetable.

Arroz con Pollo (Rice with Chicken)

1 cooking hen, cut up as for frying
1 c. rice
½ c. olive oil or 8 T. fat
1 large onion, chopped
1 t. saffron
1 t. mint
Salt
Pepper

Boil chicken in plenty of water until tender. Drain off the soup. Add water to soup so that it will make 5 cups of stock. Cook rice in chicken stock until tender and fluffy. Fry onion in oil or fat, add rice and seasonings. Add chicken to rice mixture and cook for 15 minutes. (If rice seems dry, add water until it is moist.)

Pepitoria de Gallina (Chicken Fricassee)

1 fricassee chicken
Flour
½ c. oil or butter
1 small onion, chopped
1 t. saffron
½ t. nutmeg
Salt and pepper
1 t. oregano
1 t. mint
1 c. white wine
1 c. chicken stock

Joint the chicken. Boil until tender; dredge in flour; fry in oil or butter until brown; add onion, spices, and herbs. Add wine and stock, and cook until sauce thickens. Serve with garnish of green peas and parsley.

Gallina Rellena (Stuffed Fowl)

This dish is served on very rare occasions, such as Christmas, New Year's, Easter, or at a banquet.

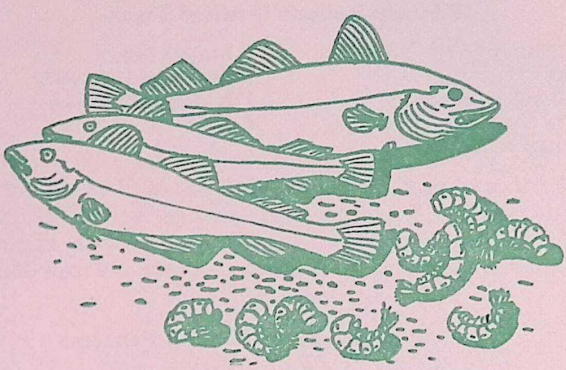
1 roasting fowl (12 to 15 lbs.)
½ lb. butter
1 lb. cooked ground beef
2 c. raisins
½ c. shelled piñon nuts
2 squares chocolate
1 t. coriander seed
1 t. cinnamon
½ t. cloves
1 c. meat stock
½ c. red wine
Salt

Clean the fowl as usual. Rub inside with butter. To the ground beef add raisins, nuts, melted chocolate, spices, meat stock, and salt. Cook until thick. Add wine and let boil for 10 minutes. Stuff fowl as usual and cook until tender.

Pollo Frito (Fried Chicken)

1 frying chicken, cut in pieces
Flour
½ c. oil or butter
Salt
2 T. chopped onion
2 T. parsley
1 clove chopped garlic
1 sweet green pepper, chopped
1 c. water
2 T. lemon juice

Dredge chicken in flour. Fry in oil or butter until brown; salt and take out. In the oil or butter fry onion, parsley, garlic, and pepper. Add water and cook until thickened. Salt to taste. Add lemon juice. Pour this sauce over chicken and serve.



Pescado (Fish)

Bacalao (Codfish)

1 lb. codfish
6 T. oil or fat
1 small onion, cut in rings
2 cloves chopped garlic
3 t. chile powder
¼ c. water
1 c. bread crumbs
1 c. tomatoes
Salt

Soak codfish and wash well. Cut in pieces. Saute onion in oil. Add garlic. Mix chile with water. Place codfish in buttered casserole, adding onion, chile, and tomatoes. Salt. Sprinkle with buttered bread crumbs and bake in a moderate oven until fish is done.

Pescado Frito (Fried Fish)

6 slices white fish
½ c. flour or corn meal
½ c. oil or fat

Dip fish in flour or corn meal. Fry in oil or fat until brown, Serve with sauce.

Sauce

3 T. olive oil
2 cloves chopped garlic
1 small chopped onion
1 c. tomato sauce
2 red chile peppers (stems and seeds removed)
1 t. oregano
2 T. vinegar
Salt

Fry garlic and onion in oil. Add tomato sauce and chile peppers. Season with oregano, salt, and vinegar. Serve over fried fish.

Pescado Relleno (Stuffed Fish)

2 lbs. halibut
2 T. fat
1 small onion, chopped
2 cloves chopped garlic
3 chopped tomatoes
3 beaten eggs
1 c. chopped almonds
1 t. chopped parsley
Salt

Clean fish and remove bones. Melt fat, and saute onions and garlic. Add chopped tomatoes, stir in eggs, and cook until eggs curdle. Add nuts, parsley, and salt. Stuff fish with egg mixture. Place in cheese cloth and tie. Bake or broil in greased dish.

Torrejas de Camaron (Shrimp Fritters)

3 eggs
3 c. chile sauce
1 c. canned or ½ c. dry shrimp
4 T. flour
Fat
2 t. salt
½ t. baking powder

Separate eggs, beat whites until stiff, beat yolks, and add to whites. Add shrimp cut fine or ground. Mix well; add flour sifted with baking powder. Drop by tablespoonsful into hot grease. Brown on both sides; make chile sauce No. I, and drop fritters into hot sauce. Let them stand in sauce until well soaked. Serve.

Trucha Frita (Fried Trout)

1 large or several small trout
½ c. oil or fat
1 small onion, chopped
1 clove chopped garlic
1 T. vinegar
1 t. parsley
1 T. butter
½ lemon, sliced

Clean trout. Fry fish, add onion, and cook until onion is done. Add vinegar to parsley, garlic, and melted butter. Pour over fish and onions, and garnish with fresh parsley and lemon slices.

Queso (Cheese)

Cheese from goat's milk has been popular in New Mexico since colonial times. Anyone who has once tasted it in the different dishes can never quite get used to another kind of cheese. Cheese making is not difficult and can become a very interesting experiment. Cow's milk can be substitued in the following recipes:

If one desires to buy the cheese, any of the varieties in the market may be used, depending on individual taste.

Queso Fresco (Native Fresh Cheese)

1 gal. sweet milk — **4 junket tablets or 1/10 rennet tablet**

Warm the milk to 90° F. Dissolve junket or rennet tablets in 4 teaspoons water. When dissolved, stir thoroughly into the warm milk. Let stand for ½ hour. When set, cut with hand or with a knife into small pieces. Remove as much of the whey as possible. Pour curd into a small cloth bag, and let drain until all whey has disappeared.

Queso Seco (Dried Cheese)

Take fresh cheese and slice into very thin strips. Place on a cloth and set to dry in a place free from insects. Turn pieces over at least twice a day. When all moisture disappears, store cheese in a cool place. A cloth bag is better for keeping it than a tightly covered container. When ready to use cheese, cover with water and soak for at least 10 hours. Another method of drying the cheese follows: Take fresh cheese from bag, put in a mold, and leave overnight (small coffee can makes a good mold). Remove from mold and place cheese in a brine made in the proportion of 2 tablespoons salt to 1 gallon of water. Soak for 6 hours. Remove and dry thoroughly with a cloth. Put in a cool place so that the cheese stands on end. Turn frequently until thoroughly dry. Dip in melted paraffin, making sure all parts are covered. Store in a covered container.

Requeson (Whey Cheese)

Take the whey left over from the cheese and place in a kettle over low fire. As it boils add sweet milk not to exceed two cups for every gallon of whey. Add milk a little at a time, stirring only to keep from sticking. The milk helps to make a soft curd but may be omitted. The curd, which is the milk sugar, comes to the top. This may be skimmed off as it forms or strained after whey has boiled down.

Chiles Capones (Chile Soup with Cheese)

6 red chile peppers
2 c. water
1 T. fat
1 clove chopped garlic
1 t. oregano
1 t. salt
1 c. grated native cheese
1 small onion, chopped

Wash, remove stems, veins and seeds from chile peppers. Drop in boiling water and cook until done. Fry onion and garlic in fat. Add to chile soup with oregano and salt. Lastly add cheese and cook until cheese melts.

Chile Verde con Queso (Green Chile with Cheese)

Dried green chile is best, but canned chile may also be used—one cup canned green chile or its equivalent of the dry product after it has been soaked.

3 T. fat
3 T. chopped onion
1 clove chopped garlic
1 c. canned green chile
1 c. thinly sliced cheese
1 t. salt

Fry onion and garlic in fat. Add coarsely chopped green chile and sliced cheese. Add salt. Cook over slow fire until cheese is melted.

Chongos (Cheese Twists)

2½ quarts warm fresh milk
2 junket tablets
6 egg yolks
2 cups sugar
4 sticks cinnamon

Dissolve junket tablets in 1 T. milk. Beat egg yolks. Add to milk to which you have added dissolved junket tablets. Strain. Let set until milk clabbers. Cut clabber with a knife in large pieces. Place a piece of stick cinnamon on each piece of curd. Add sugar and place over low heat and cook for about one hour or until syrup thickens. Cool and serve with the syrup. If the syrup does not thicken enough and to prevent overcooking of cheese, remove cheese and boil syrup until thick.

Quesadillas (Cheese Turnovers)

There are many varieties of quesadillas, but the following is the most common:

½ lb. native fresh cheese or its equivalent of dried cheese after being soaked
2 eggs
½ c. sugar
1 t. cinnamon
1 t. salt
Milk

Grate cheese finely; add beaten eggs, sugar, cinnamon, salt, and enough milk to make a thick paste.

Masa (Dough)

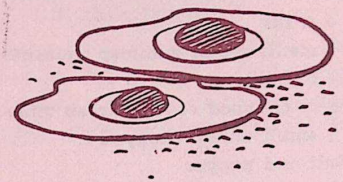
1½ c. flour
1 t. baking powder
1 t. salt
8 T. shortening
4 to 6 T. water

Sift flour with baking powder and salt. Cut in shortening. Add water, working quickly so as not to over mix dough. Roll out dough ⅛ inch thick. Cut in rounds about 3 inches in diameter. Place 2 tablespoons of cheese filling in each piece of dough; fold over and turn edges. Bake in hot oven until well browned.

Huevos (Eggs)

Huevos Rancheros (Eggs with Chile)

2 eggs
2 T. fat
1 c. chile sauce No. II



Break eggs. Drop into fat; cover and cook slowly until white is done. Serve on plate and pour hot chile sauce over them. The eggs may be poached in the chile sauce if desired.

Sopa Seca de Arroz (Dry Rice Soup)

4 T. fat
½ small onion, cut fine
1 clove chopped garlic
2 c. cooked rice
2 t. saffron
2 hard cooked eggs

Melt fat, fry onions and garlic, and add rice and saffron. Pour into a serving dish and garnish with hard-cooked eggs.

Torrejas (Egg Fritters)

3 eggs
2 T. bran
1 t. salt
6 T. fat

Separate eggs. Beat whites until stiff but not dry. Beat yolks and add to whites. Add bran and salt. Drop by tablespoons into hot fat. Drain on absorbent paper.

Torrejas con Chile (Chile Fritters)

Make 2 cups chile sauce No. I-a. Drop egg fritters into hot chile sauce. Set on back of stove until ready to serve.

Tortilla Española (Spanish Omelet)

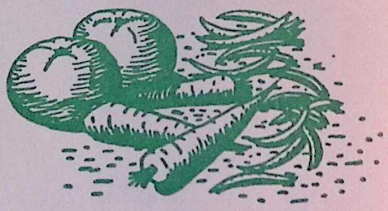
4 medium potatoes
6 T. fat
1 t. salt
1 t. pepper
6 eggs

Cut potatoes in small cubes. Fry in fat until done and well browned. Add salt and pepper. Beat the eggs well and pour them over the potatoes, stirring while they curdle. Cook over a slow fire. Turn and cook on other side, being careful not to overcook.

Vegetales (Vegetables)

Calabacitas con Chile Verde (Summer Squash and Green Chile)

4 t. fat
4 medium-size summer squashes
¼ c. milk
½ c. chopped cooked green chile
½ small onion, chopped
Salt and pepper
½ c. grated native or American cheese



Melt fat; add diced squash and onion. Fry until tender. When done, add milk, green chile, salt, and pepper. Cook 15 minutes. Remove from fire and add grated cheese. In place of green chile, 1 cup canned whole kernel corn may be added.

Cocido de Garbanzo (Garbanzo Stew)

1 c. garbanzos
6 c. water
1 small onion, sliced
1 clove chopped garlic
1 c. chopped ham
1 c. Spanish sausage
1 t. oregano
Salt and pepper to taste

Soak garbanzos overnight. Drain and add water. Cook, and when half done, add onion, garlic, ham, and sausage. Cook until garbanzos are tender. Add oregano, salt, and pepper and leave on stove over a slow fire until soup is thick. If desired, a chile pepper may be added for seasoning.

Chicharos Verdes (Green Peas)

2 c. shelled fresh peas
Enough water to cook peas
1 t. salt
2 T. coriander leaves
2 T. fat
2 T. chopped onion

Cook peas in boiling salted water with the coriander leaves. Fry onion in fat. Add peas and cook for 5 minutes.

Chicharos Maduros (Dried Mature Peas)

1 c. dried peas
5 c. water
1 onion, sliced
1 clove chopped garlic
2 T. fat
1 t. oregano
1 t. ground coriander seed
Salt to taste

Soak peas overnight. Cook in boiling water. When cooked for 1 hour, skim off skins which come to the top. Add onion and garlic; cook until tender and water has boiled down. Mash and add fat, oregano, coriander, and salt. Cook long enough to bring out the seasonings.

Ejotes (Green Beans)

1 lb. green beans
1 c. diced salt pork
1 small onion, chopped
1 clove chopped garlic
2 c. tomatoes
Pinch of nutmeg
Salt
1 T. chile powder

Snap and cut beans. Cook in enough water to keep from scorching. Fry salt pork, removing all fat except 4 tablespoons. Add onion and garlic to fat and salt pork. Cook until onion is done. Add cooked beans, tomatoes, nutmeg, chile powder and salt. Boil for 10 or 15 minutes.

Frijoles (Beans)

We have two varieties of beans which are popular in New Mexico: the pinto, a spotted bean, and the bolita, a round brown bean. The bolita, which cooks more quickly at high altitudes, is a native of the high mountain farm land. The pinto grows in a semi-arid climate and is a harder bean to cook. In the diet the pinto is, at low cost, an excellent source of energy, of iron, and the B complex vitamins. When supplemented with small amounts of milk, meat, eggs or cheese, it is a good source of protein. It is also a good source of calcium.

The secret of tasty beans lies in cooking them just right. They must be cooked at low temperature and for a long time. An earthenware pot is the best utensil, but metal kettles may be used successfully.

Recipe

1 c. beans
5 c. water
1 clove garlic
1 t. sugar
4 T. fat or ½ c. diced salt pork
Salt to taste

Wash and soak beans overnight. Cook in boiling water, adding the garlic and sugar at the beginning. If beans dry, add boiling water each time. It takes from 3 to 6 hours to cook them, depending on altitude and softness of the water. (If salt pork is used add after beans have cooked for at least one-half hour.) When beans are done, add fat and salt. Cook a few minutes to bring out the flavor.

The pressure cooker may be used successfully in cooking beans. The bolitas cook in 45 minutes and the pintos in 1 hour, at 15 pounds pressure. After pressure has been released, uncover kettle and cook beans for at least 20 minutes to remove the pressure cooker flavor which many people find objectionable.

Frijoles Machacados (Mashed Beans)

Using the above recipe, be sure beans are well cooked and the liquid reduced to the point that there will not be any surplus to make beans watery. Mash beans lightly with potato masher. Melt 2 T. fat, add 2 T. flour, pour beans into it, salt. Cook for 5 to 10 minutes, stirring frequently.

Frijoles Refritos (Refried Beans)

Leftover beans lose their flavor unless fat is added. Melt enough fat for the amount of beans on hand. Fry until thoroughly incorporated with the grease. Enough grated cheese to flavor the refritos may be added. It requires very little cooking, as the cheese immediately melts when added to the hot mixture.

Papas y Chile (Potatoes and Chile)

- 4 T. fat
- 2 small onions, chopped fine
- 1 c. canned or freshly prepared green chile
- 4 good-size potatoes, cooked and diced
- 2 t. salt

Fry onion in fat until tender. Add green chile, salt, potatoes, and a small amount of water. Cook for 5 minutes.

Pan de Papas (Potato Loaf)

- 4 eggs
- 2 t. salt
- 1 t. pepper
- ½ c. milk
- 1 clove chopped garlic
- 2 T. minced bacon
- 4 c. cooked and diced potatoes
- 2 T. olive oil

Potatoes are best cooked in their skins. Beat egg whites until stiff; add beaten yolks, salt, pepper, milk, garlic, and bacon. Fold potatoes into egg mixture. Put olive oil into baking dish. Pour mixture into dish and bake until egg sets.

We have many wild greens which are prepared for the table. The best flavored is lamb's quarters; but pig weed, bee weed, and others may be used as well.

Quelites (Lamb's Quarters)

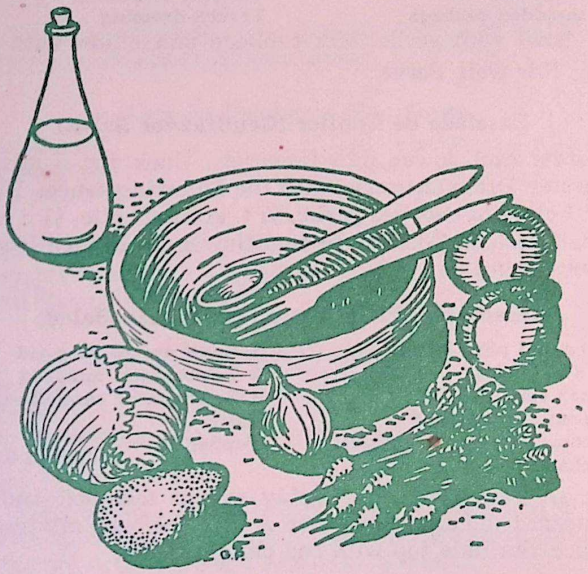
- 2 T. fat
- 2 T. chopped onion
- 2 c. finely chopped, cooked greens
- 1 T. chile seed
- 1 t. salt
- ½ c. cooked pinto or bolita beans

Place fat in skillet, fry chopped onion, add chopped greens, season with chile seeds, cooked beans (cooked whole), and salt. Salt pork cut fine may be used for frying, leaving it in for flavor.

Verdolagas (Purslane)

- 3 c. purslane
- 4 T. fat or ½ c. diced salt pork
- 2 T. chopped onion
- 1 c. shredded cooked meat (jerky preferred)
- 1 t. ground coriander seed
- Salt to taste

Wash purslane, leaving stems. Fry onion in fat; add purslane and meat. Season. Cover and cook until tender.



Ensaladas (Salads)

Ensalada de Aguacate (Avocado Salad)

1 clove garlic
1 large firm avocado
2 fresh tomatoes
4 radishes
1 small onion
1 small head of lettuce
Salt
French dressing

Rub bowl thoroughly with garlic. Dice avocado and place in bowl. Cut tomatoes in cubes and drain. Chop radishes and onion, shred lettuce, and combine with other ingredients. Chill. When ready to serve, add chilled French dressing.

Ensalada de Berro (Watercress Salad)

Wash watercress carefully. Chop a small onion. Rub bowl with garlic. Combine ingredients, place in bowl, and serve with French dressing.

Ensalada de Col y Cebolla (Cabbage and Onion Salad)

1 clove garlic
2 c. shredded cabbage
1 onion, shredded
French dressing

Rub bowl with garlic. Mix cabbage and onion with French dressing. Stir well. Serve.

Ensalada de Coliflor (Cauliflower Salad)

Separate cauliflower into flowerets. Cook for 5 minutes in salted water. Drain and serve with the following sauce: Heat ½ c. oil; add 1 clove of chopped garlic, ¼ t. ground chile, ¼ c. vinegar; let come to a boil. Cool. Place cauliflower on lettuce leaves and cover with sauce.

Ensalada de Frijol Pinto (Pinto Bean Salad)

2 c. cooked pinto beans
½ c. diced celery
3 green chile peppers (canned or fresh)
2 medium cucumber pickles, chopped
½ small onion, chopped
2 T. prepared mustard
4 T. cream or canned milk
Salt
Pepper

Mix all ingredients thoroughly except mustard and cream. Beat mustard and cream together. Add to the bean mixture. Serve on lettuce. Sprinkle top with red chile powder.

Ensalada de Lechuga (Lettuce Salad)

1 head lettuce
1 small onion, chopped fine
1 clove garlic
4 T. olive oil
2 T. vinegar
1 t. chile powder
Salt
Pepper

Remove core from lettuce. Pour cold water over it. The leaves will come apart. Drain. Chop lettuce and add onion. Put the other ingredients in jar or bottle and shake until well mixed. If the garlic is used with the oil dressing, prepare dressing at least 6 hours before using, so that garlic flavor may be absorbed by the other ingredients. The garlic, however, may be used to rub the serving bowl if the salad is to be served that way.

Ensalada Mexicana (Mexican Salad)

3 large green sweet peppers
1 medium onion
4 medium ripe tomatoes
4 slices of bacon
1 t. chile powder
½ c. vinegar

Cut vegetables in small chunks and mix. Cut bacon in small strips and cook crisp in hot skillet. Stir in chile powder and add the vinegar. As it boils up, pour over the vegetables. Serve on lettuce leaves.

Sopas (Soups)

The recipe given here is for dry pea soup. For variation, dry chick peas or beans may be substituted.

Sopa de Chicharos (Pea Soup)

1 c. dried peas
6 c. boiling water
1 small onion, sliced
1 clove garlic
2 t. salt
1 T. fat
2 cups milk

Cook peas with onion, garlic and salt until peas are well done. Pass through colander, using all the liquid. Add fat and milk and cook until thoroughly heated.

Sopa de Verduras (Vegetable Soup)

1 soup bone
6 c. water
1 c. green beans
3 small squashes
½ onion
1 red chile pod
1 clove garlic
1 t. dry mint
2 t. salt

Cook soup bone in water. When meat is cooked, strain soup. Add beans, squashes, onion, chile pod, and garlic to soup. Cook until beans are done. Add salt and mint. Serve.

Panes (Breads)

Buñuelos (Fried Tortillas)
(often erroneously called sopaipillas)

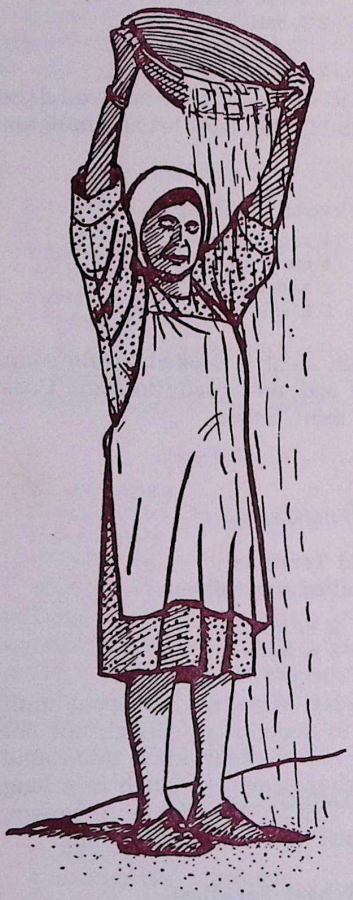
4 c. flour
1 t. salt
4 t. baking powder
2 T. fat
1½ c. water
Vegetable fat for frying

Sift flour, salt and baking powder. Work fat into flour until well blended. Add enough water to make a soft dough but not sticky. Knead well; let stand for at least ½ hour. Form into round balls, roll ⅛ inch thick in round shapes or roll dough in a long strip and cut into 3 inch squares. Fry in deep fat until brown, dropping each buñuelo in the hottest part of the fat. Drain.

Tortillas de Trigo (Wheat Tortillas)

2 c. white flour
2 c. whole wheat native flour
2 t. baking powder
1½ t. salt
3 T. fat
1 c. water, or enough to make medium dough

Sift flour, salt, and baking powder together; add fat and mix well. Add water. Knead dough for 5 minutes. Let stand ½ hour covered. Form into round, flat balls; and roll with rolling pin into a round shape about ⅛ inch thick. Cook on griddle, on top of stove, or in the oven. Brown on both sides. (All white flour may be used.)



Bollitos (Rolls)

2 yeast cakes
½ c. luke warm water
1½ c. milk
4 T. fat
1 t. salt
2 T. sugar
6 to 8 c. flour

Soak yeast in lukewarm water. Place milk in a pan on top of stove. Add fat, salt, and sugar; and leave until fat is melted. Cool to lukewarm. Add yeast, mixing well. Add flour gradually until a medium dough results. Let rise until double in bulk. Form dough into balls, patting into rounds about 2½ inches in diameter. Fold in half. Place on a greased pan. Grease rolls on top. Let rise double in size. Bake in hot oven until brown on both sides.

Bizcochos (Toasted Rolls)

Break rolls in half, place in a slow oven, and toast until dry and crisp. Store to use with sopa or hormiguillo.

Molletes (Sweet Rolls)

Make dough as for rolls and let rise. Then to this dough add 2 beaten eggs, 1 cup sugar, 2 t. anise seed, and 3 T. fat. Shape into round rolls. Let rise for 1 hour. Bake in hot oven. Slice and butter to serve with chocolate, coffee, or tea.

Emparedados (Sandwiches)

Emparedado de Aguacate (Avocado Sandwich)

4 T. grated cheese
1 c. avocados, mashed
2 T. chopped green chile
1 T. catsup
2 drops Tabasco sauce
1 t. salt
1 t. chopped onion
Lettuce

Mash cheese; add avocado mixed with other ingredients; blend well; spread between slices of bread with lettuce leaves.

Emparedado de Frijol (Bean Sandwich)

1 c. cooked beans
2 T. finely chopped onion
2 T. chopped green chile
2 T. chopped sour pickles
1 T. prepared mustard
Lettuce

Mash beans, add other ingredients, and spread on bread with lettuce leaves.

Emparedado de Queso y Chile Verde (Cheese and Green Chile Sandwich)

Toast one side of bread slices; slice cheese thin to fit slice of bread; place cheese on untoasted side of bread, cover with finely chopped green chile. Place under the broiler or in oven and toast until cheese melts.

Machitos (Bean and Tortilla Sandwich)

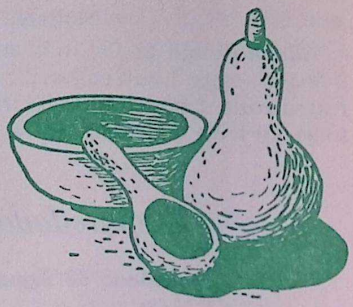
Spread a wheat or corn tortilla with leftover beans which have been seasoned with pork cracklings. Fold tortilla and serve.

Tacos (Tortillas Filled with Meat)

8 corn tortillas
1 lb. of boiling meat (pork or beef)
2 cloves chopped garlic
2 t. oregano
1 T. parsley
1 c. cooked diced potatoes
2 c. chile sauce No. 1
1 small onion
1 small head of lettuce

Prepare tortillas. Fry and fold in center. Cook meat and grind. Add seasonings, potatoes and chile to ground meat. Boil until quite thick. Place meat mixture, diced onion, and shredded lettuce between folded tortillas. Serve with chile sauce if desired.

Postres (Desserts)



Arroz en Leche (Rice in Milk)

1 c. rice
5 c. water
1 t. salt
4 c. scalded milk
2 beaten eggs
1 c. sugar
Cinnamon

Wash rice thoroughly. Cook in boiling, salted water until it begins to swell. Drain. Add hot milk and eggs, stir in sugar, and continue cooking until well done. Serve in dessert dishes. Sprinkle top with cinnamon.

Calabaza al Horno (Baked Pumpkin)—I

1 small pumpkin
1 c. sugar
1 t. salt

Remove seeds from pumpkin. Cut into 2-inch squares, leaving shell on. Place pieces in baking dish. Sprinkle with sugar and salt. Bake until pulp is soft. Serve in shell with boiled milk.

Calabaza al Horno (Baked Pumpkin)—II

1 small pumpkin
2 c. sugar
1 t. salt
2 c. milk

Remove seeds from pumpkin. Peel and cut into 2-inch cubes. Place in baking dish. Sprinkle with sugar. Add milk. Cook in moderate oven until done. It may be necessary to add more milk to keep pumpkin from drying.

Natillas (Boiled Custard)

4 c. milk
4 eggs
½ t. salt
3 T. flour
¾ c. sugar

Heat the milk. Beat egg whites until stiff. Pour into hot milk, being careful that milk does not boil over. When egg whites are cooked, skim off from milk and place in a serving bowl. Mix flour, sugar, and beaten egg yolks; and add to hot milk. Cook until thick. Pour into egg whites and sprinkle top with cinnamon.

Capirotada (Bread Pudding)

1 c. sugar
2 c. water
6 slices of toasted bread
1 t. cinnamon
1½ c. grated or sliced cheese
1 c. raisins
2 T. butter

Caramelize sugar, add water and cinnamon, and boil until sugar is dissolved. Place a layer of bread in a casserole; add cheese and raisins. Repeat until all ingredients are used. Add butter. Pour syrup over mixture and bake in moderate oven until the syrup is all absorbed by bread.

Panocha (Sprouted Wheat Dessert)

The flour may be prepared at home or bought already prepared.

To sprout wheat, wash and drain but do not dry it. Place in a cloth bag in a warm place to sprout. When the wheat has sprouted, dry in sun. Grind into flour.

5 c. sprouted wheat flour
2½ c. whole wheat flour
9 c. boiling water
2 c. sugar (if desired)
4 T. butter

Mix the whole wheat and sprouted wheat flour thoroughly, add one half the boiling water, and stir well. Set aside and cover. Let stand for 15 minutes; then add the rest of the water. If sugar is used, caramelize the sugar, add 1 cup boiling water, and when sugar is dissolved, add to flour mixture. Boil mixture for 2 hours, add butter, and place uncovered in oven for 1 hour or until it is quite thick and deep brown. Some people prefer to leave sugar out, as the sprouted wheat has its own sugar.

Torrejas Enmeladas (Sweet Fritters)

For making fritters see page 19.

1 c. sugar
2 c. water
1 t. cinnamon

Caramelize sugar. Add water and cinnamon. Boil until sugar dissolves. Drop egg fritters into syrup. Let stand until the fritters are coated with sugar. Serve hot as dessert.

Pastas (Pastries)

Bizcochitos (Cookies)

1 c. sugar
2 c. lard
1 t. anise seed
2 eggs
6 c. sifted flour
3 t. baking powder
1 t. salt
¼ c. water

Cream lard with hand thoroughly; add sugar and anise seed. Beat eggs and add to lard mixture. Blend until light and fluffy. Sift flour with baking powder and salt and add to first mixture. Add water and knead until well mixed. Roll ½ inch thick and cut into fancy shapes. Roll top of each cookie in a mixture of sugar and cinnamon—1 t. cinnamon to ½ c. sugar. Bake in a moderate oven until slightly brown.

Empanadas de Fruta (Fruit Turnovers)

1½ c. flour
1 t. baking powder
1 t. salt
8 T. shortening
4 to 6 T. water

Sift flour with baking powder and salt. Cut in shortening and mix well. Add enough water to make a dough easy to handle. Roll out dough ⅛ inch thick. Cut in rounds about 3 inches in diameter. Fill each round with fruit filling.

Fruit Filling

2 c. cooked dried fruit
1 c. sugar
1 t. cinnamon
½ t. cloves

Pass drained fruit through colander. (Canned, drained fruit may be used.) Add sugar and spices. Press edges of filled dough, and pinch ends between thumb and forefinger, giving the dough half a turn. Bake in hot oven until brown.

Empanaditas de Carne (Meat Turnovers)

Mincemeat

1 lb. boiling meat (cooked)
1½ c. raisins
2 c. applesauce or jam
1 c. sugar
1 t. ground coriander seed
½ t. cloves
1 t. cinnamon
½ c. shelled piñon nuts
1 t. salt

Grind meat, add raisins, applesauce, sugar and spices and nuts. If the mixture is too dry, add a little of the meat stock, but be careful that the paste is not soft. It should be moist but thick in consistency. Make dough for turnovers as follows:

1 cake yeast
1½ c. water or milk
3 T. fat
1½ t. salt
2 T. sugar
Flour

Soak yeast in warm water. Heat water or milk; add fat, salt and sugar to it. Cool to lukewarm and add dissolved yeast. Add enough flour to make a medium dough. Do not let rise. Roll out dough to ⅛ inch thick. Cut with biscuit cutter. If the dough rises after the biscuits are cut, roll them thin. Place 1½ t. of mincemeat in center of rolled-out dough, fold and pinch together; then make a turn back in the dough by taking edges between thumb and forefinger, pressing together and turning back in ridges.

Let turnovers stand for 5 minutes; then fry in deep fat until evenly browned. (Makes about 8 dozen.)

Marquesote (Sponge Cake)

8 eggs
1 c. pulverized sugar
2 t. anise seed
10 T. cornstarch

Beat egg whites until stiff, and add sugar and anise seed. Beat egg yolks and add corn starch. Add egg yolk mixture to egg white mixture, beating constantly. Pour into ungreased cake pan to one-half full. Bake in moderate oven.

Sopaipillas (Sweet Fried Cakes)

These are nice cakes for serving with chocolate or tea.

4 c. flour
1 t. salt
2 t. baking powder
4 T. fat
4 eggs
½ c. sugar
Water or milk

Sift flour with salt and baking powder. Cut fat into flour. Beat eggs, add sugar, and add to flour mixture. Add enough milk or water to make a medium dough neither stiff nor soft. Let dough stand for ½ hour. Roll out ¼ inch thick, cut into 1½ inch squares and fry in deep fat until brown.

To ½ cup of sugar, add 1 teaspoon cinnamon and mix well. As the sopaipillas are fried and drained and still hot, roll in the sugar and cinnamon mixture.

Enmeladas (Fried Cakes in Syrup)

Make sopaipillas as in above recipe. After they have been fried, dip into syrup.

Syrup

6 c. sugar
3 c. water
1 t. cinnamon

Caramelize sugar. When melted and brown add water. Cook until thick. Add cinnamon, mixing well. Each sopaipilla is dipped separately into the syrup and taken out immediately. Drain on platter. Serve as dessert.

Golosinas (Sweets)

Cajeta de Membrillo (Quince Cheese)

5 pounds quince
5 pounds sugar

Wash and core quince, remove seeds, quarter, and cover with water. Cook until fruit is soft. Pass through colander. Place in kettle and add sugar. Cook until thick and dark red in color. Stir frequently to prevent scorching. When done, pour into molds. After it cools, take out of mold, cover with cheese cloth and set in sun to dry. When dry, wrap in waxed paper and store.

Dulces de Membrillo (Quince Candy)

Slice quince cheese in slices ⅛ inch thick. Spread on waxed paper and place to dry. When dry, roll in powdered sugar.

Conserva de Calabaza (Pumpkin Preserve)

The best variety of pumpkin to use is the native New Mexican, a long necked pumpkin, green and yellow striped, which is very firm and holds its shape.

Cut pumpkin; remove seeds. Cut into cubes and peel. Place cubes in lime solution to the proportion of 4 tablespoons of lime to each gallon of water. Be sure lime water covers pumpkin cubes. Let stand for 12 hours. Drain, wash thoroughly. Weigh. Add as much sugar by weight as there is pumpkin. Let stand with sugar for at least one hour. When juice begins to show, place over low heat, and cook until pumpkin is done and has become dark brown and transparent.

Dulces de Calabaza (Pumpkin Candy)

Pumpkin preserve cubes may be dried to make pumpkin candy. Take the pumpkin cubes out of the syrup. Lay on waxed paper and place in the sun to dry. Turn frequently. When no moisture shows, the candy is ready.

Jamoncillo (Cream Candy)

1 c. sugar **2 c. milk**

Boil sugar and milk slowly until thick and medium brown in color. This makes delicious sweet sandwiches.

If desired, the sugar and milk can be boiled to the hard ball stage. When done, pour into buttered dish and cut into squares.

Ponte Duro (Caramelized Corn)

Use white corn, preferably the concho variety. Toast corn in a skillet until brown. When done, pour hot corn syrup over the corn, and let boil. When cool enough to handle, shape into balls.

Bebidas (Beverages)

Most of the recipes given here are for drinks usually served to sick or old people, or to children. They are light nutritious foods.

Atole (Gruel)

½ c. blue corn meal
2 c. boiling water

Stir corn meal in ½ c. cold water, add to boiling water. Boil until it has reached the consistency of cream. Cook. Serve in cups about half full. Add enough salted boiled milk to fill cups. This is a very common beverage for sick or old people.

Cafe con Leche (Coffee with Milk)

Make coffee good and strong. Heat milk to boiling (goat's milk preferred). Fill coffee cups ¼ full with hot coffee. Fill with milk and serve.

Champurrado (Chocolate in Atole)

To 2 c. of atole or polvillo, add 2 squares spiced chocolate or Mexican chocolate dissolved in ¼ c. of boiling water. Sweeten to taste.

Chocolate (Chocolate)

1 qt. milk
1 inch stick cinnamon
3 T. strong coffee
2 squares sweet chocolate
½ c. boiling water
1 T. vanilla
⅛ t. salt
½ t. nutmeg

Heat milk to boiling with cinnamon and coffee. Remove cinnamon and add chocolate dissolved in boiling water. Heat again to boiling. Remove from fire, and add vanilla and salt. Beat with egg beater or molinillo (chocolate beater) until foamy. If commercially prepared Mexican chocolate is used, proceed as follows: To 1 quart cold milk add 2 squares of chocolate dissolved in 1 c. boiling water. Keep over fire until it comes to a boil. Beat with egg beater or chocolate beater.

Hormiguillo (Hard-Tack Gruel)

Take 6 pieces of bizcocho (page 23). Grind fine like flour. Add a pinch each of ground oregano, coriander, cloves, and cinnamon. Sift. Place 2 cups water to boil. Slowly add 4 tablespoons of the ground bizcocho mixture. Boil until thick. Sweeten and salt to taste.

Pinole (Corn Meal Drink)

4 T. corn meal
½ t. cinnamon
1 c. milk
2 T. brown sugar
1 T. ground orange rind

Mix corn meal with cinnamon. Stir into cold milk, add sugar and orange rind. Stir well and serve. To be palatable, the corn meal must be made from toasted corn. In New Mexico the native corn meal is always ground from toasted corn.

Poleadas (Flour Gruel)

2 T. flour
2 T. sugar
1 c. boiling water
1 t. salt
½ t. anise seed

Mix flour and sugar thoroughly, and dissolve in a little water. Add to the boiling water. Stir until it thickens. Add salt and anise seed.

Polvillo (Toasted Flour Gruel)

Toast wheat flour in oven until brown. Stir constantly while browning or it will scorch. Any amount may be browned, for it will keep indefinitely if kept in a jar covered with cheese cloth.

6 T. browned flour
4 t. cold water
2 c. boiling water
White or brown sugar

Dissolve flour in cold water, pour into boiling water, and cook thoroughly. Sweeten with sugar to taste.

Miscellaneous

Cocktail de Aguacate (Avocado Cocktail)

Select 4 small avocados which are firm, cut into small squares (about ¼ inch). Prepare sauce as follows: 1 c. catsup, 1 c. diced celery, 2 T. lemon juice, or 1 T. vinegar, 4 drops Tabasco sauce, 1 t. salt, 1 t. sugar. Serve avocados in cocktail glasses and put 2 T. of the prepared sauce over the avocados. (Serves 12)

Cocktail de Camaron (Shrimp Cocktail)

3 T. catsup
3 T. chopped celery
1 T. lemon juice
½ t. red chile powder
or 2 drops Tabasco sauce
1 T. Worcestershire sauce
½ t. salt

Mix all ingredients thoroughly. Place canned or fresh shrimp in cocktail glasses. Add 1 T. of the sauce for each serving. Top with an olive.

Cocktail de Jugo de Tomates (Tomato Juice Cocktail)

2 c. tomato juice
1 t. salt
⅛ t. celery salt
1 T. onion juice
½ t. red chile powder
1 T. lemon juice

Boil tomato juice with spices and onion. Strain and cool. Add lemon juice. Serve in glasses and top with a sprig of mint.

Chiles Encurtidos (Pickled Chiles)

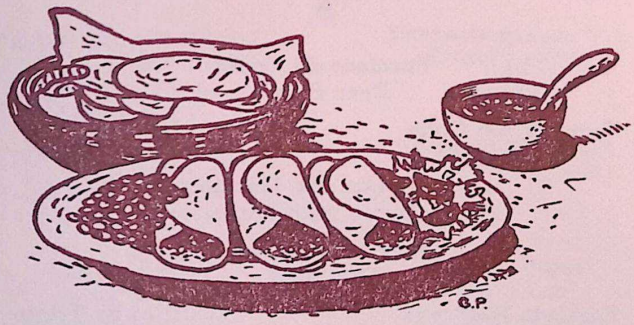
Select small chile pods. The wax chile is preferred by many. Wash chile pods carefully. Put into sterilized jars, packing tightly. To every pint jar add ½ t. whole mixed spices and enough vinegar to cover. Remove air bubbles by passing knife around inside of jar. Seal jars. Process in hot water bath for 10 minutes.

A brine made by adding 1 t. of salt to 1 c. of water may be used to dilute the vinegar. Use 1 c. of vinegar and 1 c. of brine and you may like the resulting product better than with strong vinegar.

Jalapeños Encurtidos (Pickled Jalapeños)

The jalapeño is a hot green pepper native of warm climates. It makes a delicious relish pickled in olive oil and vinegar.

Wash jalapeño peppers. Pack tightly in jar. For every cup of vinegar use ¼ c. water, ¼ c. olive oil, 1 t. salt and 1 t. pickling spices. Heat mixture to boiling. Pour over peppers so that they are well covered. Seal jars. Process 10 minutes in hot water bath.



Menus

MENUS FOR LUNCHEONS

Emparedados de Chile Verde
Green Chile Sandwiches

Frijoles Refritos
Refried Beans

Chocolate con Sopaipillas
Chocolate with Fried Sweet Cakes

◈

Ensalada de Aguacate
Avocado Salad

Sopa Seca de Arroz
Dry Rice Soup

Cafe con Leche
Coffee and Milk

Natillas
Boiled Custard

Sopa de Garbanzo
Garbanzo Soup

Emparedados de Aguacate
Avocado Sandwiches

Pinole
Corn Meal Drink

Arroz en Leche
Rice in Milk

Tacos
Tortillas filled with Meat

Frijoles
Beans

Cafe con Leche
Coffee with Milk

Fruta
Fruit

Ensalada de Frijol
Bean Salad

Torrejas con Chile
Chile Fritters

Buñuelos
Fried Tortillas

Queso Fresco con Mermelada
Fresh Cheese with Marmalade

Sopa de Chicharos
Pea Soup

Ensalada Mexicana
Mexican Salad

Tortillas de Trigo
Wheat Tortillas

Chocolate con Bizcochitos
Chocolate with Cookies

Tamales

Salsa de Chile No. 1
Chile Sauce No. 1

Ensalada de Lechuga
Lettuce Salad

Buñuelos
Fried Tortillas

Cafe con Leche
Coffee with Milk

Piña Envasada
Canned Pineapple

MENUS FOR DINNERS

Cocktail de Jugo de Tomates
Tomato Juice Cocktail

Pozole de Nixtamal
Lime Hominy with Meat

Ensalada de Col y Cebolla
Cabbage and Onion Salad

Capirotada
Bread Pudding

Cafe con Leche
Coffee with Milk

Buñuelos
Fried Cakes

Enchiladas con Huevo
Enchiladas with Egg

Ensalada de Lechuga
Lettuce Salad

Frijoles Machacados
Mashed Beans

Bollitos
Hot Rolls

Cafe con Leche
Coffee with Milk

Durazno Envasado
Canned Peaches

Ensalada de Berro
Watercress Salad

Albondigas
Meat Balls

Pan de Papas
Potato Loaf

Chicharos Verdes
Green Peas

Tortillas de Trigo
Wheat Tortillas

Torrejas Enmeladas
Sweet Fritters

Cocktail de Aguacate
Avocado Cocktail

Pollo Frito
Fried Chicken

Calabacitas con Chile Verde
Green Squash with Green Chile

Bollitos
Hot Rolls

Cafe con Leche
Coffee with Milk

Fruta
Fruit

Sopa de Garbanzo
Garbanzo Soup

Pescado Relleno
Stuffed Fish

Chiles Capones
Cheese Sauce with Chile

Ensalada de Coliflor
Cauliflower Salad

Tortillas de Maiz
Corn Tortillas

Peras Envasadas
Canned Pears

LENTEN MENUS

Torrejas de Camaron
Shrimp Fritters

Ensalada de Lechuga
Lettuce Salad

Panocha
Sprouted Wheat Dessert

Chicharos Maduros
Dried Mature Peas

Bollitos
Hot Rolls

Cafe con Leche
Coffee with Milk

Sopa de Frijol
Bean Soup

Pescado Frito
Fried Fish

Capirotada
Bread Pudding

Pan
Bread

Ensalada de Aguacate
Avocado Salad

Chicos Quebrados con Chile
Cracked Chicos with Chile

Cafe con Leche
Coffee with Milk

Tortilla Española
Spanish Omelet

Buñuelos
Fried Tortillas

Chocolate
Chocolate

Chile Verde Guisado
Green Chile

Ensalada de Berro
Watercress Salad

Changos
Cheese Twists

Sopa de Garbanzo
Garbanzo Soup

Torrejas con Chile
Chile Fritters

Frijoles
Beans

Quelites
Lamb's quarters or other greens

Tortillas

Arroz con Leche
Rice with Milk

Cafe con Leche
Coffee with Milk

MERIENDAS (TEAS)

Chocolate
Chocolate

Empanadas de Carne
Mincemeat Turnovers

Bizcochitos
Cookies

Dulces de Menta
Mints

Champurrado
Polvillo with Chocolate

Sopaipillas
Fried Sweet Cakes

Emparedados de Jamoncillo
Cream Candy Sandwiches

Te o Cafe
Tea or Coffee

Molletes con Mantequilla
Sweet Rolls with Butter

Emparedados de Aguacate
Avocado Sandwiches

Chocolate
Chocolate

Dulces de Membrillo
Quince Candy

Marquesote
Sponge Cake

Cafe con Leche
Coffee with Milk

Tamales

Bizcochitos
Cookies

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Borrachitos

1 c. shortening
2/3 c sugar
2 egg yolks
1/2 t. salt
3c sifted flour
Claret wine enuf to make soft cookie dough.

Cream shortening, sugar, egg yolk, salt. add flour & wine ~~alt~~ alt. & soft cookie dough is obtained. Run thru pastry tube or drop from tbs. Bake 375° 8-10 min. Sprinkle with powdered sugar & cinnamon as soon as removed from oven.

County extension agents, located in 30 New Mexico counties, are ready to help you solve your farming, ranching, and homemaking problems. You may consult them, without charge, at the following offices:

County	*Location*
Bernalillo	Courthouse, Albuquerque
Chaves	Courthouse, Roswell
Colfax	Courthouse, Raton
Curry	Courthouse, Clovis
De Baca	Courthouse, Fort Sumner
Dona Ana	Courthouse, Las Cruces
Eddy	Courthouse, Carlsbad
Grant	Courthouse, Silver City
Guadalupe	Courthouse, Santa Rosa
Harding	Courthouse, Mosquero
Hidalgo	Courthouse, Lordsburg
Lea	Courthouse, Lovington
Lincoln	Courthouse, Carrizozo
Luna	Courthouse, Deming
McKinley	Courthouse, Gallup
Mora	Courthouse, Mora
Otero	Post Office, Alamogordo
Quay	Courthouse, Tucumcari
Rio Arriba	City Hall, Espanola
Roosevelt	Courthouse, Portales
Sandoval	Courthouse, Bernalillo
San Juan	Courthouse, Aztec
San Miguel	Post Office, Las Vegas
Santa Fe	Courthouse, Santa Fe
Sierra	Courthouse, T. or C.
Socorro	Courthouse, Socorro
Taos	Courthouse, Taos
Torrance	City Hall, Estancia
Union	Courthouse, Clayton
Valencia	Courthouse, Los Lunas

Turnovers

Pastry

1 pkg. (3 oz) cream cheese
1/4 lb. Margarine
1 c. flour.

Filling

1/2 c. Mashed sweet potato (canned)
1/4 c. drained crushed pineapple.
1/4 c. sugar
1/4 t. salt
1/4 c. coconut

Mix all pastry ingredients together with pastry blender. Divide dough half & roll 1/2 at time on floured board. (Chill before rolling. Cut in circles 3" in diameter.
Put teaspoonful on circle, fold over press edges together.
Bake 15 minutes at 375°.